



Northampton Aquatic & Family Center

at JFK Middle School, 100 Bridge Road, Florence, MA 01062

American Red Cross Swim Lessons

Summer 2018

Session VII



The Aquatic and Family Center offers swim lessons to all ages and abilities.
Our lessons include Parent and Child, Preschool and Levels 1-6.
We offer lessons from beginners through advanced swimmers.
Classes are 30 minutes in length. We also offer private lessons.

Thursday: July 19 – August 9 (4 classes)

Pre - Level	3:55 - 4:25 pm
Level 1& 2	4:25 - 4:55 pm
Level 3& 4	4:55 - 5:25 pm
Level 5& 6	5:25 - 5:55 pm

Saturday: July 21 – August 11 (4 classes)

Parent & Child	9:30 - 10:00 am
Pre - Level	10:00 - 10:30 am
Level 1& 2	10:30 - 11:00 am
Level 3& 4	11:00 - 11:30 am



Fee: \$22 / \$30 / \$40

Fees listed in the order of Member / Resident / Non-Resident

Pre-registration is required before start of session; space is limited; instructor ratio 1: 6, Pre-level & Level 1&2

Class Descriptions:

Parent/Child: Ages 1-5 with parent, emphasis on fun, covers a variety of skills and activities

Pre- Level: Ages 3-5, a variety of swimming and safety skills covered

(Suggested Ages 5 and up)

Level 1: Beginner independence in the water; Intro to breath control and Front Crawl

Level 2: Refine Front Crawl; Intro to Elementary Backstroke and rotary breathing

Level 3: Develop Front Crawl and Elementary Backstroke; Intro to Side Stroke, Breast Stroke, and Back Stroke

Level 4: Perfect Front Crawl, Back Crawl, Elementary Back Stroke; Refine Side Stroke, Breast Stroke

(Suggested Ages 6 and up)

Level 5: Develop Breast Stroke, Side Stroke; Intro to Butterfly and Diving; Build endurance with previous strokes

Level 6: Intro to competitive techniques and Strength Training; Flip Turns & Starts, Diving & Stroke Critique

Registrations accepted at the AFC at JFK Middle School, 100 Bridge Rd., Florence, MA

Mon-Fri 4:00-8:00pm & Sat. 10:00am-5:00pm and Sun. 11:00am-4:00pm, 413-587-1046

or

Northampton Parks and Recreation Department, 100A Bridge Road, Florence, MA 01062

Mon-Fri 8:30 am-4:30 pm 413-587-1040

www.northamptonma.gov/recreation recreation@northamptonma.gov



REGISTRATION FORM ON REVERSE SIDE

NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM

DO NOT USE this form for Summer Day Camps, Youth & Adult Sports, or Birthday Party registrations: Download those packets at www.northamptonma.gov/recreation

Today's Date: ____/____/____

PLEASE PRINT LEGIBLY

☐ New to Northampton
Parks & Recreation

☐ I have updated my
Information

ADULT 1

Name _____

Address _____

City _____ St _____ Zip _____

Phone: (H) (____) _____ (W) (____) _____

Cell (____) _____

Email: _____

ADULT 2

Name _____

Address _____

City _____ St _____ Zip _____

Phone: (H) (____) _____ (W) (____) _____

Cell (____) _____

Email: _____

EMERGENCY CONTACT OTHER THAN PARENT

Name _____

Phone (____) _____

Photo Release: May Northampton Parks & Recreation Department use photos of you or your family members for brochure, website, promotional use?

Yes ☐

No ☐

PARTICIPANT'S FULL NAME: _____

Male ☐ Female ☐

Date of Birth _____ School _____

Current Grade _____ or

Grade in Fall _____ for
programs after June

Program Name	Session	Day(s)	Level	Start Date	Basic Fee	Non-Res Fee	Total Fee
					\$	\$	\$
					\$	\$	\$

TOTAL FEE FOR PARTICIPANT

\$

PARTICIPANT'S FULL NAME: _____

Male ☐ Female ☐

Date of Birth _____ School _____

Current Grade _____ or

Grade in Fall _____ for
programs after June

Program Name	Session	Day(s)	Level	Start Date	Basic Fee	Non-Res Fee	Total Fee
					\$	\$	\$
					\$	\$	\$

TOTAL FEE FOR PARTICIPANT

\$

PASS PURCHASE

Pass	Pass Type	Pass Length	Fee	
Aquatic Center	Res: Adult Family Senior Youth	6 Month 12 Month	\$	
Musante Beach	Non-Res Adult Family Senior Youth	Beach Pass	\$	

**TOTAL
AMOUNT DUE**

\$

Pass Holder's Name(s)	Male/Female	DOB	Pass/Tag# Issued	Special Considerations/Comments (Use back if necessary)
_____	Male/Female	_____	_____	_____
_____	Male/Female	_____	_____	_____
_____	Male/Female	_____	_____	_____
_____	Male/Female	_____	_____	_____
_____	Male/Female	_____	_____	_____

Charge my VISA ____ Master Card ____ Discover ____ Card # _____ Expiration _____

Name on Card _____ Signature _____

Office Use Only: Amt Rec'd \$ _____	Cash _____	Check # _____	Credit _____	Date _____	RT Date _____	Staff _____
Amt Rec'd \$ _____	Cash _____	Check # _____	Credit _____	Date _____	RT Date _____	Staff _____